

VA CENTRAL IOWA HEALTH CARE



Recreation Therapy and Music Therapy Activities for Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
1st and 3rd Tues of the month June-August	6:30pm	Bldg 12/CLC 3 rd floor dining room	Fly Tying and Fishing Contact Joni about learning how to create flies. Some of the Tues night we will actually use them while fishing	Any veteran	Joni Osmundson 515-699-5999 X4980
1st and 3rd Thurs of the month	1:30-2:30pm	Bldg. 12/CLC Dining room of CLC 3	Women Veterans Yoga Beginning Level; Can use mats or adapt it to a chair. No need to sign up-just show up! **In Aug. Yoga on Aug. 6 will be at the VA as normal; but Yoga on Aug. 20 will be held in conjunction with the cookout at Cottonwood Recreation Area	Any female veteran	Suzanne Anderson 515-699-5999 X4949
2nd and 4th Thurs of the month	1:30-2:30pm	Bldg. 12/CLC Dining room of CLC 3	Veterans Yoga beginning level; from chair level. No need to sign up!	Any male Veteran	Kayla Nelson 515-699-5999 X4331
Every Tuesday in Aug	6:00-8:00pm	Valley Community Center 4444 Fuller Road, WDM 50265	Power Soccer Practice and Scrimmage Soccer for people who use power wheelchairs, foot guards will be provided during game for your wheelchair.	Any veteran who uses and can independently control a power wheelchair	Joyce Ellens 515-699-5999 X4939

Every Thursday in Aug	7:00- 9:00pm	First Family Church 317 SE Magazine Rd. Ankeny 50021	Wheelchair Basketball Practice and Scrimmage Basketball for people in manual wheelchairs. Some sport wheelchairs available to try.	Any veteran who uses a manual wheelchair independently	Joyce Ellens 515-699-5999 X4939
Saturdays: Aug 1, 8, 15	9:00am- 11:00am	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and their caregivers.	Any veteran, open to 15 veterans	Joyce Ellens 515-699-5999 X4939
Wed. Aug 12th	9:00am- 12:00pm	Gray's Lake in Des Moines. Meet on the Southwest corner of the lake.	"Veterans Riding to Live" A group of cyclists who love to ride! Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 7-11-15*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Sat. Aug 15th	10:30am- 4pm	Easter Seals Camp Sunnyside 401 NE 66 th Ave, Des Moines 50313	The 11 th Annual Adaptive Sports & Recreation Expo. Come see what Iowa has to offer for adapted sports/rec including: adapted climbing, rowing, w/c basketball, power w/c soccer, and much more! FREE LUNCH TOO!	Any veteran with a mobility impairment.	Joyce Ellens 515-699-5999 x4939 sciaofiowa@hotmail.com Go to Facebook page: Spinal Cord Injury Association of Iowa
Thurs. Aug 20	11am- 2pm	Cottonwood Recreation Area Shelter #4	Women Veterans-cookout We will provide meat/paper products You bring a dish to share and your own drink; yoga will be held at the park around 1pm; call for directions and to sign up	Any female veteran	Joni Osmundson 515-699-5999 X4980
Fri. Aug. 21st	12:30- 2:30pm	ChildServe Therapy Pool- Sign up for Transportation from VA main lobby	Veteran's MOVE! Group- heads to the pool for a work out, low intensity and accessible for all!	MOVE! Participants	Kayla Nelson 515-699-5999 x4331
Wed. Aug 26th	9:00am- 12:00pm	High Trestle Trail/Madrid Trailhead Meet at the gravel parking lot across from the "Flat Tire Lounge"	"Veterans Riding to Live" A group of cyclists who love to ride! Intermediate ride-11 mile trail is fairly flat. Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 8-25-15*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.

Fri. Aug 28	11am-2pm	Meet at Bldg. 12/CLC for transportation	Women Veterans-trip to Des Moines Sculpture Garden, Meredith Gardens tour, and lunch on the VA; contact us for more info and to sign up	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Sept 2-3		Camp Wesley Woods in Indianola	Women Veterans-overnight retreat for female veterans; call for details/ to sign up	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Thursday Sept. 17th	10-2pm	VA Central Iowa Campus	Walk n' Roll Health Fair Walk and Roll at 11:00 to celebrate the 10 year Anniversary of the MOVE! Program Kick Off the Influenza Prevention Campaign Learn more about VA programs that can help you reach your healthy lifestyle goals Fill up at a Veteran Friendly Farmer's Market Feed your soul with Veteran success stories, music, and alternative therapy demonstrations	Any Veteran	Kayla Nelson 515-699-5999 x4331